

Seven elements of resilience

1. Meaning

People need to have a sense of purpose, a sense that what we do and who we are actually matters.

2. Meaningful relationships

Being connected to other people in mutually fulfilling, supportive and uplifting ways seems to be good for us. Some of us are more in contact with others, some of us less so. Some people learn to be comfortably alone while others are just lonely. So there are variations. Having said this, for most us, relationships really matter

3. Personal power

Having some sense of control, some power, influence in our lives builds within us a confidence and ability to tackle life's hardships and challenges.

4. Participation

Being actively involved in what happens around us, rather than being passive recipients of whatever we are offered, is good for us. It creates a sense of involvement and interest in our own lives and those of others Personal power. Having some sense of control, some power, influence in our lives builds within us a confidence and ability to tackle life's hardships and challenges.

5. A positive sense of self

This is much more than self esteem. It is a deep sense of worth, of belonging, of having a clear place and purpose, a sense of agency or personal influence, a sense of being in charge of our own lives.

6. Other's positive expectations

We are likely to flourish when others expect the best of us. (The reverse is also true). These expectations need to be positive, high and realistic. We tend to do well when others focus on what we can do rather than what we can't; on our qualities rather than our shortcomings.

7. Hope

We need a sense that we can get through something; a belief, a faith that 'things can be better', that 'life will be okay', that 'I will prevail.'

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